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744 west Region occupies a position of importance in the fulfillment of this aim. In 1952 a school [874] was founded in Chungking for the orientation of doctors trained in traditional medicine.[15] In 1953, a special committee was set up to take charge of a study of Chinese medicine under the Chungking branch of the China Pharmaceutical • [878] Society. The committee reported that, among the 233 species of medicinal herbs in common use, 80 per cent were found in the Southwest Region.[16]

On the basis of recent reports, the attempt "to unite the strength of native and Western medicine" may not be progressing smoothly. During the National Conference on Cultural and Educational Work in Peking in 1955 it was reported that the conference criticized the "bourgeois" ideas of certain leaders in the Ministry of Health who were inclined to discriminate against and eliminate traditional medicine; the conference considered the attitude taken by the Ministry of Health toward traditional medicine a "very serious fundamental mistake."[17]

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15. New China Daily, Jan. 28, 1953, p. 3.
16. Ibid., Nov. 18, 1954, p. 2.
17. Survey of China Mainland Press, American Consulate-General, Hong Kong, No. 1068, p. 15.

Probably the cases are not large enough in number to draw definite conclusions from them. One thing, however, seems fairly certain. This is that, generally speaking, the men who have had experience with the outside world either as travellers or traders, or having read very much about it, or having had intimate contact with the ways of the outsider, tend to be more philosophical and detached about the prayer meetings. Some of them think that all outsiders regard such prayer meetings as superstitions and, in a tone of embarrassment, would not hesitate to brand them as such to the outsider, but in their relations within the community they have to remain faithful to the indigenous ways. 796 753 124

B. Other Measures to Combat the Epidemic

1. T'an Ching

The prayer meetings are not the only steps taken to ward off or conquer the epidemic. While the prayer meetings are being carried on here and there, other things happen as well. The first of these is T'an Ching, or ritual talk on the scriptures. The author is not clear as to the type of scriptures here referred to. On the platform where such exercises take place are the tablets or portraits of Confucius, Laotze and Buddha. The main event on this platform is the playing of music, both wind and string, by amateur volunteers. At intervals some read a kind of scripture which is usually Taoist and not Confucian. In one or two T'an Ching places the music consists of singing to the accompaniment of a three-stringed plucked instrument. They perform just like story singers. 751 782

In Area J, T'an Ching took the place of a prayer meeting. In Area H and Area P, it took place at the same time as the prayer meetings. In Area H, the T'an Ching platform is just back of the prayer altar, and in Area P it is opposite the prayer altar.

The explanation given for such T'an Ching meetings seems to be of two kinds: one is that the gods and spirits should be pleased, and to soothe them by some light music (Ya Yueh) is the best. The other explanation is more vague. Both T'an Ching and the prayer meetings are of the same effect - both for the good of the community. It is a gesture of man's repentance so that the gods will withdraw the Wen, or the epidemic, from the community. In more than half of the areas in which prayer meetings took place there were no T'an Ching meetings.

2. Volunteer Advertisements

Soon after the epidemic had started various hand-written or printed posters and advertisements began to appear in the streets. These are of two general categories - those giving actual medicine or methods of cure and those giving advice as regards the prevention of the disaster. The first kind is practically all medicinal and the second kind is mainly moral. Among the first category are either prescriptions for people to copy and then buy the medicine in any native dispensary, or notices of some ready-made mixture which will be given to applicants free of charge. The latter may be obtained from either a private home or a dispensary. The author has been able to collect different prescriptions and have them examined (1) from the point of view of modern medical knowledge with the aid of The Codex of Chinese Drugs(11) 203 757 278 278 757

(11) World Book Company, Shanghai, 1934.

278 757 and (2) by Dr. F. P. Shen, Professor of Medicine in the National Yunnan University, Kunming. Dr. Shen has also been kind enough to secure for the author the aid of an old Chinese physician (trained in the traditional manner) in identifying certain drugs. [1] The results of this examination are given in the appendix to this paper.

Certain observations may be made on these prescriptions. First, in six out of eight prescriptions we find the item Lophanthus rugosus (Hue Hsiang) (about six to ten grams). This medicine is boiled with other ingredients and the juice thus obtained is drunk. According to both the old Chinese physician and the Codex of Chinese Drugs this medicine is good for stopping vomiting and for improving the digestive function. The latter volume further indicates that the drug is also good for stopping diarrhea abdominal pains, and cholera. The second thing to be observed is that one of the prescriptions which has been considered by one village as most effective contains one item only (Alumen usta or dehydrated potash alum) (composition, $K\,Al(So_4)_2$ (see Part I of Appendix, Prescription No. 2).

Now, according to Manson's Tropical Diseases (edited by Philip H. Manson-Bahr, 1935), one treatment of cholera is as follows:

"Kaolin, or bolus alba, as an intestinal astringent in large doses absorbs toxins, thus rendering them inert. It consists of Kaolin, 200 grams (7 oz.) in 400 cc (14 oz.) of water. This is a single dose, but if there is vomiting it may be repeated and sipped in small amounts at a time" (pp. 448-449) (Composition of Kaolin: $Al_2Si_2O_7 \cdot 2H_2O$).

Dr. F. P. Shen informs the author that dehydrated potash alum (alumen usta) if used in the proper manner may serve the same absorptive purpose. He suggests however that in the local prescription the quantity of dehydrated potash alum is rather small (3.1249 gms.) and its dilution in a quantity of boiling water or soup will rather defeat its purpose.

Third, as regards the question of absorption. In the list which gives names of drugs required in two or more of the collected prescriptions we may find that at least seven drugs have to do with absorption, while seven drugs have the property of stopping vomiting or diarrhea. In another prescription which is considered most effective by the local people seven out of fourteen drugs have to do with absorption and eight have to do with stopping vomiting and diarrhea. This means that these drugs would at least be partially effective in beating down cholera. Fourth, some prescriptions are, from the point of view of modern medicine, irrelevent to the desired objective while others are detrimental to the prospect of cure. One example of the latter is the first prescription given in Part I of the Appendix. This prescription, while giving Chlorodynum (which is regarded by the modern physician as effective), also insists on the opening up of finger tips to let out blood (which Dr. Shen has been kind enough to inform the author may cause bad infection and render any further treatment of the patient by serum ineffective because of embolism.)

203 278 757 A word must be devoted to an extra advice contained in one of the posters. This is a prescription which includes Alumen Usta as one among fifteen other drugs, to be ground into powder and inhaled through the nostrils as well as taken in water. At one end of the paper the advertiser gives the following:

[1] [See p 52 -- Analyst]

"Those who are not sick ought to have anti-cholera injections, so as to prevent themselves from being infected." 203 278 757

The poster is lithographed and the advertiser says that his prescription was received from an "unworldly man" (usually a fairy) in the middle of the late Ch'ing Dynasty when a serious epidemic broke out in Kuei Chow Providence. He also says that his prescription is good for "72 kinds of Sa illness as well as for Sheep-wool Sa, Wen, Spasmatic feet Sa, etc." He calls the present epidemic Sa, but in his extra advice to people not yet attacked he uses the modern term Huo Lan (translation for the term cholera). He signs himself, "An old man of later happiness".

The author has not succeeded in finding out the composition of any of the ready-made cures in powder form, given freely to applicants. The stuff is to be inhaled through the nose or taken in water by mouth. These ready-made cures and the prescriptions are very popular. In Area E the author once met six or seven old officers of the prayer meeting who had in their possession some such powdered drugs given by one of the advertisers. They told the author that they inhaled a pinch of it from time to time as a precautionary measure. 757 278

The moral type of posters is usually long. It begins by stressing the importance of good deeds. Then it points out that the God of Wen has descended upon the people on the noon of the Fifth of the Fifth Moon to scrutinize their behavior and will give blessing to those who are good and disaster to those who are evil-hearted. One poster announces that the advice given in it was written in person by Kuan Kung, the Fary God of Wealth and a historical hero of the people (meaning that the words were given by the god when the latter was ritually invited). It says that those who offer incense, read scriptures and keep to vegetarian diet on the first and the fifteenth of every Moon will be free from disasters. In another section of the same poster the author of the poster says that he who after reading what has been stated in the poster will print another ten copies and disseminate them to the public will free his family from the epidemic and he who will print and disseminate 100 copies to the public will free his district from the epidemic; but he who after seeing the poster will do nothing about disseminating it or letting other people know about it will die of vomiting blood. 203 757

The reason for the trouble and expense given to such posters and charity in drugs is not complex. It is conceivable that the dispensary which gives out a special cure freely during the crisis may earn a name for itself of advantage to its later business transactions, but in a local community where people know each other intimately such a commercial technique is rather superfluous. The real reason, as far as the author has been able to ascertain, is verbalized in an exaggerated form in the last sentences of the poster just mentioned. Such charity is a kind of good; it goes on to one's "otherworldly" record and will be one more security on one's prosperity and health. This is clearly related in psychology to a fact mentioned in connection with the prayer meetings: There it has been made clear that in combating the epidemic, goodness of the heart and in deeds is essential. To this point indeed most posters allude in a way. In one poster the advertiser addresses the public as "Elders, Uncles, Aunts and Sisters". It is clear that the epidemic has in a way drawn the people closer to each other and revived the communal feeling.

APPENDIX

Part I

Three Prescriptions Locally Regarded As Most Effective

(1) Notice to the Public.

The present epidemic is, of course, pre-ordained in our fate. The symptoms of all patients appear, however, to be the same. These are vomiting, diarrhea, spasm, etc. These symptoms are those of cholera (Hua Lan, the modern Chinese translation of the term). The onset of the illness is a matter of a few minutes, and doctors (either Chinese or Western trained) may not arrive in time. From my personal experience, when illness comes, the best thing to do is to drink one small bottle (or half a bottle) of Bi La Sui or Sheng Ling Sui (both are forms of chlorodynum); at the same time take several tens of Mr. Ma Po-liang's Cholera Pills (Sa Ch'i Wan) (composition not known) and grind them into powder form. Put this powder on the tip of the patient's tongue and help the patient to swallow it with some boiling hot water. In this way the patient's illness will be half gone. Then you need to prick the Sa (a traditional term for cholera) and let out blood. Take first a thin hemp chord to tie each of the patient's fingers at the last joint. Use a needle to open up the flesh just above the finger nails and make them bleed. All fingers must be so opened, one by one. When blood has flowed out you will be able to tell the prognosis of the patient. If the blood is dark and thick the prognosis is bad. If the blood is fresh and thin the power of the illness is already slackening. In this way I cured my wife. I don't dare to be selfish and keep such a good cure to myself and have therefore decided to offer it to the public. I hope that this notice will receive the attention of all. It will be advisable for each family to purchase some of the aforementioned kinds of medicine (both liquid and pills) to prepare for a possible emergency. If there are poor people who cannot afford to buy such medicine they may come to my house, and I shall present them with some of the medicine. This is only an expression of a good will on my part. This notice is hereby respectfully presented to Elders, Uncles, Aunts and Sisters, with many best wishes for their health, by,

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Signed
(The 20th of the 4th Moon,
Lunar Calendar).

(2) Dehydrated potash alum (Alumen usta), one tenth of a Chien (about 3.1249 gms.), mix in boiling soup or water and drink; will cure instantly. Must not take rice or rice-water, or ginger. If one of these prohibitions is violated the patient will be hopeless.

From the famous physician in the army (not dated)

(3) Good prescription for emergency.

For vomiting, diarrhea, convulsion and cholera, the patient ought at once to drink the juice from boiling Elsholtzia Patrini Garcke (Latin) (Hsiang Hsu, Chinese). If the symptoms are augmented by fever and perspiration, add Lophanthus Rugosus (Hua Hsiang) to the boiling mixture.

(Neither signed nor dated)

PART II

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Drugs which Appear in Two or More of the Collected Local Prescriptions(20)

Lophanthus rugosus, p. 1888. Function: promote digestion, stop vomiting; effective for cholera, etc.

Alumen nata, pp. 694-696. Function: relieves fever, stops diarrhea; effective for cholera.

(Dr. F. P. Shen, Professor of Medicine at the National Yunnan University, says that the drug is effective for absorption and adsorption just as Kaoline, if used in proper dosage.)

Peel of Sweet Orange, p. 1684. Function: Absorbs water, promotes perspiration, stops diarrhea and vomiting; effective for cholera.

Glycyrrhiza glabra, pp. 342-343. Function: Strengthens muscles, relieves abnormal hot or cold gas in the chest or abdomen, neutralizes poisons from all sources, etc.

Bupleurum falcatum, pp. 844-845. Function: relieves gas in the chest or abdomen, promotes digestion, relieves fever; especially effective for malaria, etc.

Atractylis ovata, Thunb., pp. 1574-1575. Function: promotes perspiration, absorbs water, helps digestion, etc. Also: with several other ingredients can be effective for cholera (p. 1579).

Alisma plantago, or Water Plantain, p. 1693. Function: absorbs water and relieves fever, stops diarrhea and vomiting, etc.

Fermented Rice (for alcoholic purposes), p. 1038. Function: relieves gas, promotes digestion, stops vomiting and diarrhea, etc.

Pinellia Tuberifera, p. 307 and p. 313. Function: absorbs water, stops vomit, stimulates the circulation of blood; effective for cholera, etc.

Siler divaricatum, B. et H., p. 666. Function: absorbs water; effective as a mild drug to stimulate perspiration, etc.

Cyperus longus, pp. 935-936. Function: smothens gas, relieves pains from different sources, helps digestion, etc.

Realgar, Orpiment, p. 1386. Function: absorbs water, kills worms, neutralizes all poisons, etc. etc.

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(20) The properties of these drugs are quoted from The Codex of Chinese Drugs, edited by the Society for the Study of Chinese Drugs (chief editor: C. J. Ch'en), 1935, in two volumes. The World Book Company, Shanghai. Preface by Dr. F. C. Yen (President, Shanghai Medical College) and other notable personalities in both Western and Chinese medical fields. The number following each drug refers to these two volumes.

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PART III

Drugs in the Prescription which is Locally Recorded as Most Effective(21)

Perilla Henkinensis (Bene), pp. 1209-1210. Function: dispels cold, relieves gas in the abdomen; also effective for neutralizing poisons from fish or meat.

Pien tuber, p. 1735. Function: absorbs water, stops diarrhea and promotes urination, etc.

Pachyrhizus Angulatus, pp. 1484-1485. Function: stimulates saliva and relieves thirst, promotes perspiration and relieves fever; stops vomiting, etc.

Platycodon grandiflorum A.D.C., pp. 979-980. Function: dispels cold, relieves abdominal congestion, etc.

Magnolia hypoleuca, p. 816. Function: absorbs water, promotes digestion, relieves abdominal congestion; effective for cholera and sun stroke, etc.

Cortex aqonarcae (Latin) or Areca nut bark (English), p. 95. Function: stimulates the flowing of water (probably absorption of or expelling water), etc.

Pachyma Cocos (Latin or Lycoperdon English), pp. 1056. Function: expels water, stimulates urination, etc.

There are altogether fifteen drugs in this prescription. The others are: Lophanthus rugosus, Alisma plantago, Bupleurum falcatum, Atractylis ovata, Thunb., Peel of Sweet Orange, Pinellia tuberifera, Cyprus longus, Fermented Rice (for alcoholic purposes). All of these drugs have been examined in Part II of this Appendix.

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(21) In Part II, seven drugs have to do with stopping vomiting or diarrhea, and seven with absorption of water or stimulating the flow of water. In Part III, seven drugs have to do with absorption of water or stimulating the flow of water, and eight drugs with stopping vomiting or diarrhea. The rest, as far as we can see, are irrelevant for purposes of curing cholera.

5: Davies G-5 (1894-1900) 1909 AF16 Southwest China AF16

233 Ponies, mules, cattle, sheep, and pigs are extensively reared, and in the colder places large herds of yaks are to be met with.

135 Mineral wealth too is not wanting in this corner of Yün-nan. In the neighbourhood of Wei-hsi T'ing there are mines of silver and copper, and just over the border of Ssŭ-ch'uan in the semi-independent state of Mi-li (lat. 28° 10′, long. 100° 50′) gold is found in some quantity.

278 224 Among other products of the Tibetan part of Yün-nan must be mentioned musk, skins and furs, rhubarb, and other Chinese medicines.

438 This corner of Yün-nan, however, owing to the sparseness of its population and its distance from trade centres, is not at present of great commercial importance, though wool, timber, and gold may in the future become important articles of trade.

133 Let us then now consider the rest of the province. The highest plains here are at an elevation of 8000 feet, while some of the river valleys in the south of the province are even below 2000 feet. But these extremes are exceptional. The great bulk of the plains of Yün-nan lie at an average of 6000 feet, with the hill tops rising some 3000 or 4000 feet above them.

132 The climate is excellent. In winter there are often frosts at night, but not of great severity, while in the daytime the weather is usually bright and pleasant. Snow falls in the plains only very occasionally and does not lie long. All through the dry season, which lasts from the beginning of November to the latter half of May, there is no unpleasant heat. From June to September inclusive is the monsoon, and rain falls heavily at times, with fine intervals of a few days. In these intervals the hottest weather is experienced, but in the higher plains the thermometer seldom rises above 85°. By October the main force of the rainy season has been spent, though some rain may still be expected. An occasional wet day or two there may be even in the dry season, but Yün-nan, except in its north-eastern corner, is free from the continual mist, clouds, and rain which are prevalent in Ssŭ-ch'uan in the winter.

137 The vegetation of the country naturally varies much in different parts of the province. The flat part of the plains

7: Hu K-5 (1934-) 1946 AF16 Southwest China AF16

249 great variety of vegetable drugs. There are six principal producing areas in the Basin (Fig. 37): (1) the western area, including Sung-pang, Li-fang, Miao-hsien, and Wen-chuan, with Kuan-hsien as the chief collecting and distributing center; (2) the southern area, including I-ping, Ching-fu, Kao-hsien, and Yun-nien, with I-ping as the trading center; (3) the southwest area, including Lo-shan and Chien-wei, with Yaan as the trading center; (4) the northern area, including Chiang-yu, Ping-wu, and An-hsien, with Chung-pa as the trading center; (5) the districts of the Chisling River area, with Ho-chuan as the trading center; herbs from southern Shensi and Kansu also pass through Ho-chuan; and (6) the eastern area, consisting of Kai-hsien, Fu-hsi, Feng-chieh, Kai-chiang, and Liang-shan districts.

249 278 Of these six principal herb-producing areas, the western area is by far the most important. It generally accounts for one-third of the Basin's total production. The medicinal herbs are found in the hilly and more mountainous areas in the Basin, and grow under a great variety of climatic and soil conditions. But, as a rule, the herbs especially thrive well on the more rugged mountain slopes and in the cooler climates.

It is reported that as many as two hundred or more different kinds of herbs (including both cultivated and wild species) are produced in the Basin and its surrounding areas.[1] And seventy-nine of them are prominent in inter-provincial and export trade. Many have been of high value to the Chinese for ages. Recently, some of them have been used extensively even by western peoples, particularly the well-known ma-huang (ephedrine), licorice, Ta-huang (medicinal rhubarb), Huang-nien (coptis chinensis), and many others.

One of the most serious problems in herb production in the Basin is that of bringing more of the valuable wild herbs under cultivation so as to stabilize the production and bring down its costs. It is reported that many formerly valuable wild species of herbs, as a result of human disturbances and reckless exploitation, are now nearly extinct.[2]

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[1] T. H. Cheng, "The Herb as an Important Product of Szechuan," Chinese Science Monthly, XVIII, No. 1 (1932), 28-32.

[2] Ibid., p. 30.

7: Hu K-5 (1934-) 1946 AF16 Southwest China AF16

Prior to the Republic (1912) the export of medicinal herbs, together with silk and tung-oil, formed the backbone of the export trade of the Basin. Herbs alone generally accounted for between 15 and 20 million dollars yearly. But recently, on account of the constant warfare and heavy taxation, as well as the increasing competition of western drugs, the herb trade has reached a low point; in 1936 the total value of herbs exported amounted only to some 7 million dollars. 249 278

Chungking is normally the biggest center for transhipment of herbs to outside markets. It is not only the point of convergence of the herb products of the six main producing areas, but also herbs from northern Kweichou and southern Shensi (by the Chialing and Chi waterways, respectively), are shipped via Chungking, on their way to lower Yangtse markets. Thus, for a long time, Chungking has been known as the "jackpot" of the herb trade of the Far East. The principal domestic markets for the Basin's herbs include Kiangsu, Chekiang, Kwang-tung, Honan, Hunan, and Hupeh provinces, whereas the chief foreign buyers are Japan, French Indo-China, and France.

d) Cho Tsai or pickled (fermented) vegetable.---Cho Tsai, or pickled vegetable, is another unique product of Szechuan Basin, which is the only region in China where this food is produced. Cho Tsai has long been regarded as a great delicacy and a tasty seasoning for cooking in various parts of China, particularly in the lower Yangtse Valley and the North China Plain, as well as in Japan and countries of the South Sea Islands. Large quantities of this delicacy (some two or three million dollars' worth) are exported yearly to these areas from the Basin. 244

The principal producing areas of Cho Tsai are in the east of the Basin, particularly in Pei-Ling, Feng-tu, Chang-shou, Chiang-peh, and Pa-hsien districts (Fig. 37). The products from Pei-Ling and Lo-Chih (Chiang-peh) are especially famous.

This vegetable, locally known as Ching Tsai, being a species of chard, thrives well in a wide range of soil conditions. It requires good drainage. The plant is ordinarily seeded in September after the reaping of the summer crops; and the harvest takes place some time around January or February. During its growing season it requires a humid, mild climate. In many localities it forms a very satisfactory rotation crop with rice.